WINTER RECUPERATION for day of the autumn. her in and heen glad to eat a little less myself, for the sake of the content I should find in the sight of her whom has been denied the opportunity to build up nervous, brain, and muscular tissues while her fellows were out of harness for a week or two, a woman who has had no outling during the outing season; the housemother sort has kept at home and at work for the winter's campaign. dition but too well. the all-the-year-round working classes to describe the general good-for-noth-

HE canny householder laid in his winter's coal last June. He will expatiate to you, if you have patience to hear an hour's harangue, upon the prudence of the measure.

cellar cleaned out and re-filled be-

this page are as long-sighted with regard to a matter of more moment?

The housemother who has had no let-up on the daily grind of stated duties all summer long is in the same plight with Mr. Shortpurse, who never gets a chance to lay up enough

be a matter of life and death. Even then, let it bide a wee. This is an affair of life or death to you, if you did but know the truth.

Go to your room and lock the door. The sound of the bolt will begin the door in the face of the shivering, bedraggled creature on the first stormy

The sound of the bolt will begin the business you are bent upon. Undress, my throat, that I should have taken and let down your hair. "Make be-lieve very hard" that you are unbound and free for an indefinite peenjoyment of the food I had worked

the back of your neck, and ap and down in the hollows behind the ears. Seat yourself in the easiest chair in the room, and put your feet upon a stool almost as high as the chair. Upon this I insist.

Men comprehend the philosophy of "putting the feet up." It relieves the weight dragging hard upon the spinal column-the seat of the crucified nerves that are making life not worth living Exchange your shoes for a pair of soft low slippers.

These preparations completed, lie



entire system is taut and strained.

Nothing lessens the strain that, breatens to snap the vital cords so pickly and so gently as the brief afternoon nap. A long siesta makes one When you get up, take a rapid sponge bath, dashing cold water freey over the neck and arms. The arms feel the refreshment of

the bath, and convey the good news to the rest of the body sooner than Dress for the afternoon always, and

out on something in which your glass ssures you that you look well.

If it says "handsome" instead of 'well," there is so much to the good. convince yourself that John and the things and take pride in your come-

An old writer says: "A young man s not far from ruin when he can say ruthfully, 'I don't care what people It is certain that a woman is dan-

gerously near a fatal breakdown when she ceases to care how she looks. Encourage personal vanity as a tonic. You will look five years younger

up the practice as I outline it of the daily "hour off," you will lose ten years in as many months.

MAKES A WOMAN OVER.

I should know, for I have made trial of the regimen for forty years. It will make a woman over, and up again, sooner than foreign baths and all the "pick-me-ups" at the command of nerve specialists.

Count that day lost in which you do not take your walks abroad in the open air, let the weather be ever so liscouraging. A tramp in a rainstorm, when one is clad in mackintosh and

blood pleasantly. A fight with a whirk ing snowstorm is a flerce joy.

If you do not sleep well, coax John

or so of the bigger boys to take you for a brisk walk of a dozen blocks or so after dark. It wakes up the lower limbs and draws the blood from the head to active and wholesome work

Look into the shop windows and chat with your escort about what you see there. One of the most telling touches of the bright side of human nature in David Copperfield is the evening walk of Traddles and Sophy after work hours, when the young husband shows the wife "which of the diamond-eyed serpents coiled up up on the white satin rising grounds it," and she selects the gorgeous watch which she would give him.

"And really, we go away as if we had got them!" Again, I say, cultivate the pleasures

of the imagination. They cost nothing and bring large dividends. Build castles in the air instead of

dungeons in the same location. Finally, tempt that lagging appetite of yours as you would tempt that of your ailing child. Eat fruit in abundance, and eschew

sweets. Cakes and candles are more expensive than apples or oranges, and onfectioners' pastries are dearer than salads. Brown bread and esculents will

strengthen and purify the system as meat never did. I am not a vegetarian, yet I do not believe in loading the stomach and liver with fiesh foods. Make strengthening broths so savory as to stimulate the digestive organs.

In short, study your case as if the sufferer were a beloved friend who must be aroused to the belief of her own value to home and family and

season with the collier. Our sagadious economist has saved

a dollar .a ton some years. Not much, he grants, but still enough to make it worth a man's while to have his coal fore Mrs. Improvident and Mr. Short-purse awake to the hard fact that winter is upon us, and fuel on the

where the judicious expenditure of iollars and cents is involved. Leaving fuel and coin out of the question, how many of us who read

Take an interest in Thirty our Clothes Massage Movement back in the chair and read a novel. Nothing exciting or bordering upon the tragic. Above all, nothing that deals withh the vexing problems of

As a child I hated that ant!

month or three.

was sure, with a rising lump in

I own to a like feeling now in pon-

I would hold converse today with the

whom stern circumstance of some

She has lost appetite, flesh, color nd, as she laments, "ambition." That is the word used by women

ingness richer women's doctor's diagnose as "the verge of nervors

She cannot sleep, and she must

It is too late now to talk of change

The prefatory and the strongest word

I have for Martha is—don't! I rejectate it with a double-breasted vim. The only wise way is to set about

building up the tissues worn to thin

fiddlestrings, vibrating like an eolian

Make a change of air and scene for

Register a vow, and keep it, to have

harpwire at every breath.

of air, even if the money were forth-

her neighbors were recruiting

will amuse, without setting you to thinking of the perplexities and pains I hope you are fond of apples? If you are, eat one or half a dozen while

Not Let Main Keep You Indoors

They are distinctly sedative and a gende nervine, containing more phosphates than any other food in propor-

Brain and digestion are built up by the free use of this king of fruits. in a dark foom for the sole and express purpose of going to sleep.

Put matters of personal interest clean out of your head. That is the object of the pleasant story. Get into that, and away from yourse'f. From my babyhood I have wooed slumber by fancying myself one of the characters in the book I have been reading at bedtlme. It is a lulling fiction of the imagi-

And imagination is what you are in need of at present. You have had too much of the hard,

notony. Sleep twenty minutes—not more. Fifteen suffice to loosen the tension of the spinal screw in the back of the neck. Physiologists tell me there is no screw there.

Actresses Who Are "Miss" and "Mrs."

THREE is anything calculated to hasten the abroaching decline of bridge as a social favorite it is the increase in the number of players who indulge in practices

which are distinctly untair. In a man's club they have not only the power but also the will to put a stop to anything of this kind. Of course, they do it nicely and without

A member notices something sugpicious and speaks of it quietly to a friend. The latter watches and con firms the fears of the first. Then a third is taken into their confidence and finally they bring the matter to the attention of one of the board of governors in a tentative way, as if it

After a little investigation one of the club servants is quietly directed to tell Mr. So-and-So the next time he sixty minutes by the clock, unless it comes to the door that his resignation has been accepted and that he is no longer a member. Unless he is very dense he takes the hint and departs. But you cannot regulate things that ay among women. While women

ere very ready to talk and so compare notes and even to name people, they are never willing to make charges to a committee.

It was not more than a year ago that a woman's club caught one of its members red-handed with a pocketbook that she had taken from a card table at which she was playing a moment before. Did they do anything? Of course, it was all a mistake, they said, even though the same woman had been under suspicion of crooked practices for months

She is still a member of that club in good standing; watched, of course, and talked about, but never openly denounced or asked to resign.

There seems to be something in the game of bridge more than in other games that tends to sap the moral sensibilities. Strange to say, playing bridge for money does not seem to excite the cupidity of women half so uch as playing for a prize. The things that otherwise respectable and highly moral women will stoop to for the sake of winning a prize tournament are simply astounding.

One of the favorite tricks when the game is pivot bridge is for four friends to arrange their own table and to agree that they will double and re double everything, no matter what the declaration may be, so that at least one 'person at the table shall have a tremendous score. The result is practically the same as if the trick values were 8, 16, 24, 32 and 48, instead of the ordinary series of 2, 4, 6, 8, and 12 In a recent game at which the play showed she was more than 14,000 points plus In order to even things up among themselves, the same four will go to another party, at which some other member of the quartet will make top

When there are not enough to make up a table two playing as partners will frequently take advantage of their ponente in ways against which there the cards her partner picks up her hand as fast as the cards are given to her, and almost before the dealer has time to sort her hand dummy asks

Dummy can do a great many unfair things to which it is difficult to take exceptions, because of the ready excuse that the player was mistaken, that is all. But some things are be-

is in her confidence, there are still many little ways in which she can help herself. A very common practice is shuffling the cards before cutting for partners in such a way that the third or fourth card from either end shall be an ace, which will give the player drawing it the first deal of the rubber. As this is supposed to be worth odds of 10 to 9 at least it helps a bit.

was actually taught to pupils by a certain bridge teacher is to press hard on the pack when spreading it, because that usually makes the cards with less ink on them slip more easily than the others. The result is that the spread pack will have a number of breaks in it, and those cards which have slipped far past the ones below are usually cards of low denomination. A knowledge of that fact enables persons to get the first deal

Probably one of the most audacious methods of cheating, for it can be called by no lighter name, is that adopted by a woman, erroneous cancellation of scores.

A little error, such as cancelling six too much or too little, will hardly ever be hoticed, especially when previous oancellations have been made; and if it is, it is easy to smile sweetly and thank you so much for point-

Florence Roberts, Mrs. Lewis Mor- Carrie Thatcher, Mrs. George W. Bar-Dorothy Morton, Mrs. Frederick Con- Madge Robertson, Mrs. W. H. Kenger. Eva Mudge, Mrs. Sanford Le Roy May Robson, Mrs. Dr. A. H. Brown. lne Rogers, Mrs. Frederick Bock. Romayne, Mrs. Frank McCor-Patti Rosa, Mrs. Fairfax Crosby

Virginia Ross. Mrs. E. J. Connelly. Nina Rudolph, Mrs. Jefferson J. Angela Russell, Mrs. J. Wesley Ro-Annie Russell, Mrs. Oswald Yorke. Hattle Russell, Mrs. R. Fulton Rusil. th Russell, Mrs. William Pickinge.

Mantell.
Elsa Ryan, Mgs. Ambrose Miller.
Mary Ryan, Mrs. Samuel Forrest.
Josephine Sabel. Mrs. David Sabel.
Lucille St. Clair, Mrs. M. S. Bentham.
Margaret St. John, Mrs. Wood.
Midred St. Pierre, Mrs. Walter
Walker. Walker. alli Salbini, Mrs. Willie Pantzer. Harry Hanlor

Helen Salinger, Mrs. Harry Hanlon. Suzanne Santje, Mrs. Edward Marsh. Lucille Saunders, Mrs. Albert Mc-Guckin Fritzi Scheff, Baroness Von Rarde-Mme. Schumann-Heink, Mrs. William Rapp, jr.
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burn.
Fruly Shattuck, Mrs. Stephen Douglas.
Rose Cecilia Shay, Mrs. Joseph J.
Fredericks.
Nora Shelby, Mrs. Frederick Tiden.
Suzanne Sheldon, Mrs. Henry Ainley.
Gertrude Shipman, Mrs. Lawrence B.
McGill.

McGill.

Blanche Shirley, Mrs. Sully Guard,
Blanche Shone, Mrs. Emmett Devoy.

Roma Snyder, Mrs. George F. Mifler.

Agnes Sorma, Duchess of Minotta.

Ella Sothern. Mrs. Charles Willard.

Ella Sothern. Mrs. Charles Willard.

Ellazbeth Spencer, Mrs. Otls Spencer.

Lucy Spencer, Mrs. Charles Sarver.

Delia Stacey, Mrs. Thomas H. Burchill.

Rose Stahl. Mrs. William Bonelli.

Marion Stanley, Mrs. Edward J. Cohn.

Vera Stanwood, Mrs. James J. Corbett.

Nellie Stewart, Mrs. George Musgrove. Florence Stone, Mrs. Dick Ferris. Ethel Strickland, Mrs. Alfred J. Edwardee. Helen Strickland, Mrs. Robert Conness, Mabel Strickland, Mrs. George E. Mack. dartha Strickland, Mrs. Theodore Bjorksten. Julia Stuart, Mrs. Edward Mackaye. Lillian Stuart, Mrs. Lee Sterrett. Amelia Summerville, Mrs. Max Eu-Rose Swain, Mrs. Phillip Sydney Marguerita Sylva, Mrs. W. D. Mann. Mabel Taliaferro, Mrs. Frederic Beatrice Stella Tanner, Mrs. Patrick Campbell. Campbell.
Cora Tanner, Mrs. Charles Allen Reed.
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E. Holaban.
Eva Taylor, Mrs. Lawrence Grattan.
Julia Marie Taylor, Mrs. Wallace Tempest, Mrs. Cosmo Gordon

Belle Theodore, Mrs. Charles Salt. Grace Thorne, Mrs. Frazer Coulter. Bonnie Thornton, Mrs. James Thorn-Marianne Thurber, Mrs. Francis Lansing Pruyn,
Lillian Thurgate, Mrs. E. Y. Backus.
Adelaide Thurston, Mrs. Francis X.

Adeialde Thurson, Mrs. L. E. Woodthorpe, Hope.
Zeffie Tillbury, Mrs. Walter de Frece.
Vesta Tilley, Mrs. Walter de Frece.
Heloise Titcomb, Mrs. Vania.
Charlotte Tittell, Mrs. Wallace Munro.
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er. Fritzie Von Busing, Mrs. Forrest Huff. Countess Olga Von Hatzfeld, Mrs. Irving Brooks. Marie Walnwright, Mrs. Franklyn Roberts. ntoinette Walker, Mrs. Charles H. Stewart. harlotte Walker, Mrs. Charles J. Hayden. Hayden.
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Maude Warrilow, Mrs. William E.
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Estelle Wentworth, Mrs. Albert Parr.
Blanche G. Werner, Mrs. Eugene D.
Greene. lva Wescott, Mrs. Tom Browne, lertha Belle Westbrook, Mrs. Hal Reid. Reid. Norma Whalley, Mrs. E. P. Clarke. Dlive White. Mrs. William Farnum. Edith Whitney, Mrs. Harry Rosenfeld. Jertrude Whitty, Mrs. Tom Wise. May Whitty, Mrs. Ben Webster.

May Whitty, Mrs. Ben Webster, Helen Mar Wilcox, Mrs. William H. Pasote, Inna Wilkes, Mrs. Gustave Salzer, Hoise Willard, Mrs. J. A. Murphy, Istha Williams, Mrs. Arthur C. Ais-

on.

a Williams, Mrs. Jack Tucker,
aud Williamson, Mrs. Alfred Woode,
unise Willis, Mrs. George W. Leslie,
stelle X. Wills, Mrs. George A. Highman. Ivah M. Wills, Mrs. Charles D. Coburn. Alice Wilson, Mrs. Cecil Magnus. Marle Wilson, Mrs. Frederic Gebhard. Nadine Winston, Mrs. Maurice Freeman. Ilen T. Winter, Mrs. John Meehan. Ieanor Wisdom, Mrs. Arthur Evers. Itty Wolfe, Mrs. Harry Clay Blaney. Ilgabeth Woodson, Mrs. Dent Hayes

argaret Wycherly, Mrs. Bayard Velller.
Bessie Wynne, Mrs. Robert Fairchild.
Fanny Yantis, Mrs. Henry Stockbridge.
Mary Young, Mrs. John Craig.
i/lora Zabell, Mrs. Raymond Hitchcock.
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Fay Templeton, Mrs. W. J. Patterson. Ellaine Terriss, Mrs. Seymour Hichs. Vaughn Texsmith, Mrs. Charles Hall.

THE WASHINGTON TIMES MAGAZINE

YOW to eat with reverent joy. making at the same time so it loses all taste before it is the New York Academy of Medicine by Horace Fletcher, founder of the gospel of slow chewing, says the New

when he wrote, "The destruction of

ence for the thoughtless butterny

No truer line was ever "penned.

the poor is their poverty.'

He was fifty years old when he be-gan a series of tests carried through eight years, which convinced him that by gradual mastication of his food, a man who has passed the half century mark may increase his mus-

Mr. Fletcher himself, rosy cheeked and aggressively healthy, offers himhis experiments with taste he says he has found that many foods supposed to have no flavor develop a sweet ss hitherto unknown after lengthy

Mr. Fletcher lives in Venice, but China, the Philippines, the Dutch East Indies, and the Vale of Kashmir sampling food of all countries. Alcluding a seven-hour struggle with snowdrifts in the Himalayas, he was never tired a moment, he declares.

improvement can be credited other han the method of economic nutrition directhis regeneration began," said He explains that he was induced to

January 5, 1908

an hour that is all your own every

money to buy coal at out-of-season It is of such unfortunates that the The best time will probably be after royal moralist may have been thinking and the children are off to the after-Say to your maid of all work, if you

Gospel of Slow Chewing take up his experiments because in

> unable to obtain life insurance. circles," he remarked, "that many perto reform their habits, and often acc as pallbears to physicians who refused them policies.

"One notable feature of this regimen is the absence of systematic training of any kind," he continued. "The nutritive economy to which the body becomes habituated keeps the body normally and comfortably in a coning in training.' Exercise is desirable. at it should be the result of an overflow of energy, the same as it is in children, and not perfunctory, mere ly to burn up excess food material in

Mr. Fletcher is not an advocate of diet fads, but says slow chewing brings desire for cereals, vegetables, and sweets. He thinks meat, rdinarily eaten, is difficult of assimi-

The original "slow eater" counsels against heated discussions at break-fast and worry about bills. He considers twenty-seven micutes long siders twenty-seven minutes long enough for an Epicurean meal. When undergoing tests at Yale, he had two meals daily, consisting of a cereal, huple sugar, and milk, which cost him it cents a day. He has lived at the Waitorf-Astoria on a dollar a day. By his new method Mr. Pletcher declares he has overcome obesity and is as young at fifty-eight as in youth. He says health, endurance, and general efficiency are questions of physiological nutrition and mental caim, and

Now, Isn't This Awful? Cheating Killing Bridge!

"Did you leave it to me, dear?" 'Ne trumps,'

If the question is not asked, but the cards are held in the hand, dummy is not anxious to make it, but has a trick or two. If the dummy lays down her

youd detection even.

When a player has no partner that

and also to get together as partners.

one can stand against.

(Continued from Eighth Page.)

Agnes Muir, Mrs. Dustin Farnum Edith Murilla, Mrs. Walter Sanford. Evelyn Florence Nesbit, Mrs. Harry Kendall Thaw. Dorothy Neville, Mrs. Robert E. ances Newhall, Mrs. David Landau. anche Nichols, Mrs. Will H. Mur-

Nellie V. Nichols, Mrs. E. Co t Al-Hortense Nielsen, Mrs. C. A. Arthur. Frances Nordstrom, Mrs. James C. Spottswood. Billie Norton, Mrs. Joseph W. Her-Mabel Norton, Mrs. Edgar Norton. Maude Nugent Mrs. William Jerome. Jane Oaker, Mrs. Hale Hamilton. Margaret O'Donovan, Mrs. Chauncey Olcott.

Channez Olney, Mrs. Henry Kolker. Gertrude O'Malley, Mrs. Willium B. Mack.
Anne O'Neill, Mrs. Allen M. Thomas.
Nellie O'Neill, Mrs. Charles Guyer.
Julie Opp. Mrs. William Faversaam.
Louise Orendorff, Mrs. Richard

Edith Ostlere, Mrs. Gayer Mackaye. Edith Ostlere, Mrs. Gayer Mackaye. La Belle Otero, Mrs. Rene Webb. Elita Proctor Otis, Mrs. William Car-penter Camp. Ciara Palmer, Mrs. Jacques Kruger. Ethelynne Palmer, Mrs. Carlyle

Moore.

Jida May Park, Mrs. Joseph J. de
Grasse.
Flora Parker, Mrs. Carter de Haven.
Jean Patriquin, Mrs. Clement Hopkins.
Nah Patterson, Mrs. Leon Martin.
Adelina Patti, Baroness Cederstrom.
Kate Pattison, Mrs. Morton Selten.
Catherine Pearl, Mrs. Eddie Redway.
Ruth Peebles, Mrs. Ivar Anderson.
Carrie E. Perkins, Mrs. W. Wallace
Black.

Black.
Alfa Perry, Mrs. Harry D. Byere.
Irene Perry, Mrs. Harvey Wilson Bell.
Sarah Perry, Mrs. Stephen Stainach.
Edna Phillips, Mrs. Taylor Holmes,
Helena Phillips, Mrs. Charles E. Ev-Mabel Power, Mrs. Sydney Scarrett plah Poynter, Mrs. Burton S. Nixon, a Pratt, Mrs. Henry W. Catlin, len Prindiville, Mrs. George Fran-

cis Griffin.
Adelaide Prince, Mrs. Creston Clarke,
Sadie Probst, Mrs. John C. Kennedy,
Gracle Quive, Mrs. Van Studdiford.
Carrie Radcliffe, Mrs. Ignaclo Marti-Doris Rankin, Mrs. Lionel Barrymore, Gladys Rankin, Mrs. Sydney Drew. Phyllis Rankin, Mrs. Harry Daven-Frankie Raymone, Mrs. David Hen-

Maude Raymond, Mrs. Gus Rogers. Helen Redmond, Mrs. Frederick J. Kalteyers Etta Reed, Mrs. Corse Payton. Mabel Reed, Mrs. Richard Tucker. Ruby Reed, Mrs. James Ehrleh.

dayme Rein. Quimby. Ida Rene, Mrs. Arthur Prince. Mary Kichfield, Mrs. Thomas J. Ryan Blanche Ring, Mrs. Frederic Edward McKay. Frances Ring, Mrs. Thomas Meighan. Greta Risley, Mrs. Louis Casavant. Gertrude Rivers, Mrs. George, Alison.

Page Nine